

activity & recreation center

WATER ZONE SCHEDULE JAN 9-22



WATER ZONE	MON-1/9	TUES-1/10	WED-1/11	THUR-1/12	FRI-1/13	SAT-1/14	SUN-1/15
Lap/Spa/Walk	5:45a-7:55a*	5:45a-6:55a*	5:45a-7:55a*	5:45a-6:55a*	5:45a-7:55a*		9a-12p*
Water Aerobics		7a-7:50a		7a-7:50a		7:10a-8a	
Water Aerobics	8a-8:50a	8a-8:50a		8a-8:50a	8a-8:50a	8:10a-9a	
Water Aerobics	9a-9:50a	9a-9:50a		9a-9:50a	9a-9:50a		
SS Water in Motion			8a-8:50a				
SS Splash			9a-9:50a				
Moving My Joints	10a-10:50a		10a-10:50a		10a-10:50a		
Little Swimmers		11a-12p**	11a-12p**	11a-12p**			
Lap/Spa/Walk	11a-1:30p*	10a-12p*	11a-1:30p*	10a-12p*	11a-1:30p*	9a-12p*	
Swim Lessons							
	Pool Closed 1:30p-3p	Pool Closed 12p-4p	Pool Closed 1:30p-3p	Pool Closed 12p-4p	Pool Closed 1:30p-3p		
Lap/Spa/Walk	3p-5p*	4p-5:20p*	3p-9p*	4p-5:20p*	3p-5p*		
Rec Swim	5p-7:30p**				5p-9p**	12p-5:30p**	12p-5:30p**
Water Strength & Aqua Zumba		5:30p-7:20p		5:30p-7:20p			
Lap/Spa/Walk	7:30p-9p*	7:30p-9p*		7:30p-9p*			

Hydro Therapy Pool Closed for Maintenance 1:30p-6:30p on Wed

*Lap/Spa/Walk is available to any swimmer that can swim independently without assistance

**Lap swimming is available during Rec Swim and Little Swimmers

*** Pool closed for lap swim and water walking during lessons - Hydro therapy pool open

WATER ZONE	MON-1/16	TUES-1/17	WED-1/18	THUR-1/19	FRI-1/20	SAT-1/21	SUN-1/22
Lap/Spa/Walk	5:45a-7:55a*	5:45a-6:55a*	5:45a-7:55a*	5:45a-6:55a*	5:45a-7:55a*		9a-12p*
Water Aerobics		7a-7:50a		7a-7:50a		7:10a-8a	
Water Aerobics	8a-8:50a	8a-8:50a		8a-8:50a	8a-8:50a	8:10a-9a	
Water Aerobics	9a-9:50a	9a-9:50a		9a-9:50a	9a-9:50a		
SS Water in Motion			8a-8:50a				
SS Splash			9a-9:50a				
Moving My Joints	10a-10:50a		10a-10:50a		10a-10:50a		
Little Swimmers		11a-12p**	11a-12p**	11a-12p**			
Lap/Spa/Walk	11a-1p*	10a-12p*	11a-1:30p*	10a-12p*	11a-1:30p*		
Swim Lessons						9a-12p***	
	Rec Swim 1p-7:30p	Pool Closed 12p-4p	Pool Closed 1:30p-3p	Pool Closed 12p-4p	Pool Closed 1:30p-3p		
Lap/Spa/Walk		4p-5:20p*	3p-9p*	4p-5:20p*	3p-5p*		
Rec Swim	1p-7:30p**				5p-9p**	12p-5:30p**	12p-5:30p**
Water Strength & Aqua Zumba		5:30p-7:20p		5:30p-7:20p			
Lap/Spa/Walk	7:30p-9p*	7:30p-9p*		7:30p-9p*			

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**Lap swimming is available during Rec Swim and Little Swimmers

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WATER ZONE SCHEDULE JAN 23-FEB 5



WATER ZONE	MON-1/23	TUES-1/24	WED-1/25	THUR-1/26	FRI-1/27	SAT-1/28	SUN-1/29
Lap/Spa/Walk	5:45a-7:55a*	5:45a-6:55a*	5:45a-7:55a*	5:45a-6:55a*	5:45a-7:55a*		9a-12p*
Water Aerobics		7a-7:50a		7a-7:50a		7:10a-8a	
Water Aerobics	8a-8:50a	8a-8:50a		8a-8:50a	8a-8:50a	8:10a-9a	
Water Aerobics	9a-9:50a	9a-9:50a		9a-9:50a	9a-9:50a		
SS Water in Motion			8a-8:50a				
SS Splash			9a-9:50a				
Moving My Joints	10a-10:50a		10a-10:50a		10a-10:50a		
Little Swimmers		11a-12p**	11a-12p**	11a-12p**			
Lap/Spa/Walk	11a-1:30p*	10a-12p*	11a-1:30p*	10a-12p*	11a-1:30p*		
Swim Lessons						9a-12p***	
	Pool Closed 1:30p-3p	Pool Closed 12p-4p	Pool Closed 1:30p-3p	Pool Closed 12p-4p	Pool Closed 1:30p-3p		
Lap/Spa/Walk	3p-5p*	4p-5:20p*	3p-9p*	4p-5:20p*	3p-5p*		
Rec Swim	5p-7:30p**				5p-9p**	12p-5:30p**	12p-5:30p**
Water Strength & Aqua Zumba		5:30p-7:20p		5:30p-7:20p			
Lap/Spa/Walk	7:30p-9p*	7:30p-9p*		7:30p-9p*			

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**Lap swimming is available during Rec Swim and Little Swimmers

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WATER ZONE	MON-1/30	TUES-1/31	WED-2/1	THUR-2/2	FRI-2/3	SAT-2/4	SUN-2/5
Lap/Spa/Walk	5:45a-7:55a*	5:45a-6:55a*	5:45a-7:55a*	5:45a-6:55a*	5:45a-7:55a*		9a-12p*
Water Aerobics		7a-7:50a		7a-7:50a		7:10a-8a	
Water Aerobics	8a-8:50a	8a-8:50a		8a-8:50a	8a-8:50a	8:10a-9a	
Water Aerobics	9a-9:50a	9a-9:50a		9a-9:50a	9a-9:50a		
SS Water in Motion			8a-8:50a				
SS Splash			9a-9:50a				
Moving My Joints	10a-10:50a		10a-10:50a		10a-10:50a		
Little Swimmers		11a-12p**	11a-12p**	11a-12p**			
Lap/Spa/Walk	11a-1:30p*	10a-12p*	11a-1:30p*	10a-12p*	11a-1:30p*		
Swim Lessons						9a-12p***	
	Pool Closed 1:30p-3p	Pool Closed 12p-4p	Pool Closed 1:30p-3p	Pool Closed 12p-4p	Pool Closed 1:30p-3p		
Lap/Spa/Walk	3p-5p*	4p-5:20p*	3p-9p*	4p-5:20p*	3p-5p*		
Rec Swim	5p-7:30p**				5p-9p**	12p-5:30p**	12p-5:30p**
Water Strength & Aqua Zumba		5:30p-7:20p		5:30p-7:20p			
Lap/Spa/Walk	7:30p-9p*	7:30p-9p*		7:30p-9p*			

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